

## Diving First Aid

### Chapter Review Questions V3.0



## Diving First Aid

### Chapter 2 Review Questions

1. Duty of care is an obligation to provide assistance regardless of training.  
a. True      b. False
2. To avoid legal problems,  
a. always ask an injured person for permission to assist  
b. always ask the parent/guardian of a minor for permission to assist their child  
c. obtain written permission to provide care  
d. all of the above  
e. a and b only
3. Anxiety is a normal response in an emergency.  
a. True      b. False
4. If a rescuer experiences emotional distress, relief may be achieved by  
a. a critical-incident debriefing  
b. professional counseling  
c. both a and b



## Diving First Aid

### Chapter 3:1 Review Questions

1. Hypoxia is a condition of low oxygen supply.  
a. True      b. False
2. An absence of oxygen  
a. may cause cell death  
b. is known as anoxia  
c. may cause unconsciousness  
d. all of the above
3. Gas exchange takes place at the  
a. spinal column interfaces  
b. long bone joints  
c. alveolar-capillary membrane  
d. muscle-nerve junctions
4. The respiratory system does not include which of the following:  
a. nose  
b. mouth  
c. trachea  
d. heart
5. The circulatory system does not include which of the following:  
a. mouth  
b. veins  
c. arteries  
d. heart



## Diving First Aid

### Chapter 3:2 Review Questions

1. The nervous system consists of the  
a. brain, spinal cord and nerves  
b. vertebrae and skull  
c. heart, lungs and brain  
d. head, torso and limbs
2. Neural pathways may be interrupted by  
a. stroke  
b. decompression illness  
c. trauma  
d. all of the above



## Diving First Aid Chapter

### 3:3 Review Questions

1. The main organs of the digestive system are:  
a. Stomach, small intestine, large intestine  
b. Esophagus, liver, gall bladder  
c. Mouth, esophagus, stomach, small intestine  
d. Liver, gall bladder, anus
2. Digestion begins in the \_\_\_\_\_.  
a. Stomach  
b. Esophagus  
c. Mouth  
d. Small intestine
3. Organs that aid in digestion include:  
a. Spleen, appendix, gall bladder  
b. Heart, lungs  
c. Glucagon, insulin, proteins  
d. Pancreas, gallbladder, liver



## Diving First Aid

### Chapter 4 Review Questions

1. Oxygen is a clear, odorless gas essential to life.  
a. True      b. False
2. The atmospheric air we inhale contains \_\_\_\_ percent oxygen.  
a. 12  
b. 16  
c. 21  
d. 27
3. The air we exhale contains about \_\_\_\_ % oxygen.  
a. 12  
b. 16  
c. 21  
d. 27

4. Oxygen is carried throughout the body by
- white blood cells
  - red blood cells
  - bone marrow
  - blood plasma

5. Carbon dioxide is
- a waste product of metabolism
  - a toxic gas
  - essential for life
  - an inert gas

6. Nitrogen comprises percent of atmospheric air.
- 21
  - 27
  - 67
  - 78

7. Carbon monoxide is
- a waste product of metabolism
  - a toxic gas
  - essential for life
  - an inert gas

6. The single most common symptom of DCI is
- numbness
  - constitutional (fatigue, nausea)
  - muscle weakness
  - pain
  - balance/equilibrium

7. Initial DCS symptoms
- occur within 15 minutes of the time of injury
  - typically occur within six hours of surfacing
  - may be delayed up to 24 hours
  - both b and c

8. AGE symptoms
- occur within 15 minutes of the time of injury
  - typically occur within six hours of surfacing
  - may be delayed up to 24 hours
  - both b and c

9. People who received first aid for suspected DCI should always receive a follow-up evaluation by a dive medicine physician.
- True
  - False

10. Returning to diving following DCI should be done in conjunction with a physician knowledgeable in dive medicine.
- True
  - False



## Diving First Aid

### Chapter 5 Review Questions

- Decompression illness includes
  - decompression sickness
  - air gas embolism
  - both of the above
- The most important initial actions in responding to diving accidents are to recognize there is a problem and to administer 100 percent oxygen.
  - True
  - False
- DCS is caused by
  - breath-hold during descent
  - breath-hold during ascent
  - inert gas bubbles in the body
- The primary risk factor for AGE is
  - breath-hold during descent
  - breath-hold during ascent
  - inert gas bubbles in the body
- It is important to seek medical evaluation when DCI is suspected because
  - symptom resolution does not mean DCI is no longer present
  - symptoms may recur
  - risk of recurrence may be reduced by hyperbaric treatment
  - all of the above



## Diving First Aid

### Chapter 6 Review Questions

- The OSHA Bloodborne Pathogens Standard exists to
  - ensure safe and healthful conditions for working men and women
  - set and enforce standards
  - provide training, outreach, education and assistance guidelines
  - all of the above
- Disease transmission occurs when which of the following is present?
  - an infectious pathogen
  - sufficient quantity of the pathogen
  - exposure to a susceptible host
  - site of entry/mechanism of transmission
  - all of the above
- Disease transmission can be prevented by
  - personal protective equipment
  - thorough hand washing
  - engineering controls
  - all of the above
- If you think you may have been exposed to a bloodborne pathogen, you should
  - cover it tightly to protect it
  - milk it to make it bleed
  - report it per your organization's emergency action plan
  - both b and c
  - all of the above

5. Zoonosis is a generic term describing diseases transmitted from vertebrate animals to humans.

- a. True      b. False

6. Specialized training is required when diving in contaminated water.

- a. True      b. False



## Diving First Aid

### Chapter 7 Review Questions

- Essential equipment to have available at every dive site includes
  - oxygen unit
  - first-aid kit
  - emergency action plan
  - all of the above
- Emergency action plans should include
  - local resources and emergency phone numbers
  - communication equipment
  - method of documenting information about injured divers and first aid provided
  - location of the nearest hyperbaric chamber
  - a, b and c only
- Oxygen and first aid kits should be checked and assessed for appropriate supplies
  - on a monthly basis
  - on a weekly basis
  - before every dive outing
  - as needed
- Hyperbaric chambers will always be available to treat injured divers.
  - True
  - False



## Diving First Aid

### Chapter 8 Review Questions

- Moving an injured person should be limited to times of emergency or when the current location places the individual at risk of further injury.
  - True
  - False
- The rescuer should consider which of the following body mechanics when lifting?
  - keep back straight
  - bend only from hips
  - keep head neutral
  - lift with legs
  - all of the above



## Diving First Aid

### Chapter 9 Review Questions

- Potential hazards that should prompt caution when approaching the scene of an accident include
  - fire and animals
  - expired first-aid certifications
  - electricity, gas and traffic
  - a and c
- The S-A-F-E mnemonic helps us remember
  - to activate EMS
  - scene safety assessment
  - to use personal protective equipment
  - b and c
  - none of the above
- Personal protective equipment is a critical part of keeping yourself safe while providing care.
  - True
  - False
- Protective equipment includes
  - nonlatex gloves
  - eye shields
  - resuscitation masks
  - all of the above
- When removing gloves after providing first aid, it is important to keep the outer surface of the glove from touching your skin.
  - True
  - False



## Diving First Aid

### Chapter 10 Review Questions

- Initial assessment includes:
  - assessing for responsiveness and activating EMS
  - adjusting the individual's position for care
  - initiating CPR
  - all of the above
  - a and b only
  - b and c only
- To check for a pulse on an adult or child, use gentle finger pressure on the
  - carotid artery
  - brachial artery
  - femoral artery
  - radial artery
- To check for a pulse on an infant, use gentle finger pressure on the
  - carotid artery
  - brachial artery
  - femoral artery
  - radial artery
- Any breath sounds at all are considered normal.
  - True
  - False

7. A breathing, responsive injured diver should be placed in a position of comfort or the recovery position.  
a. True      b. False



## Diving First Aid

### Chapter 11 Review Questions

1. Prompt medical intervention may reduce the possibility of permanent disability.  
a. True      b. False
2. F-A-S-T stands for  
a. facts, attitude, sensitivity, talent  
b. facial droop, arms, speech, time  
c. feet, arms, spine, toes  
d. face, ankles, stability, touch



## Diving First Aid

### Chapter 12 Review Questions

1. An emergency action plan should be activated  
a. as soon as you suspect a neurological injury  
b. after conducting a complete neurological assessment  
c. only if the injured diver does not respond to oxygen first aid
2. S-A-M-P-L-E is a mnemonic to assist with  
a. obtaining information about an injured diver  
b. remembering to get a dive profile sample  
c. calculation assessment in mental function  
d. obtaining insurance and compensation



## Diving First Aid

### Chapter 13 Review Questions

1. Which of the following is not one of the areas evaluated during a neurological assessment?  
a. mental function and cranial nerves  
b. range of motion  
c. motor function  
d. coordination and balance
2. Mental function evaluates  
a. orientation to person, place, time and event  
b. memory and speech  
c. comprehension and computational skills  
d. all of the above

3. Which of the following is not part of the cranial nerves evaluation?  
a. facial droop  
b. eye movements  
c. grip strength  
d. slurred speech
4. Motor functions may be classified as normal, evidence of weakness, or paralysis.  
a. True      b. False
5. The Romberg test assesses  
a. motor function  
b. cranial nerves  
c. mental status  
d. balance



## Diving First Aid

### Chapter 14 Review Questions

1. The primary goal of delivering the highest concentration of oxygen possible to an injured diver is to facilitate inert gas washout and improve oxygen delivery to compromised tissues.  
a. True      b. False
2. Providing a high concentration of oxygen to an injured diver may provide these benefits:  
a. accelerate inert gas elimination  
b. reduce bubble size  
c. enhance oxygen delivery to tissues  
d. reduce swelling  
e. all of the above
3. Symptoms of nonfatal drowning may include  
a. difficulty breathing  
b. abdominal distension  
c. chest pain  
d. hyperthermia  
e. all but d
4. In the event of an unresponsive drowning victim requiring CPR, begin with ventilations.  
a. True      b. False
5. As a first responder to a nonfatal drowning, your role is to:  
a. monitor vital signs  
b. provide supplemental oxygen  
c. activate EMS  
d. all of the above
6. The initial flow rate for constant-flow oxygen delivery is:  
a. 2-4 lpm  
b. 10-15 lpm  
c. 20-25 lpm  
d. the rate the injured diver will tolerate

7. The percentage of oxygen delivered when using a demand valve is influenced by
  - a. flow rate
  - b. mask fit
  - c. mask seal
  - d. both b and c
8. In remote areas, the priority in oxygen delivery is
  - a. to conserve oxygen supplies
  - b. to maximize the highest inspired fraction of oxygen
  - c. limit the flow of oxygen
9. Oxygen toxicity, whether CNS or pulmonary, is not a concern for oxygen first aid administered to an injured diver.
  - a. True b. False



## Diving First Aid

### Chapter 15 Review Questions

1. Oxygen is one element of the fire triangle.
  - a. True b. False
2. Safety precautions to implement when using oxygen cylinders include:
  - a. not allowing any oil or grease to come in contact with oxygen cylinder
  - b. not exposing oxygen cylinders to high temperatures or allow smoking/open flames around oxygen
  - c. provide adequate ventilation when using oxygen
  - d. using only equipment made for use with oxygen
  - e. all of the above
3. With what grade of oxygen should an oxygen cylinder for diving first aid be filled?
  - a. aviator or industrial grade
  - b. medical grade only
  - c. medical or industrial grade
  - d. aviator or medical grade
4. Methods for obtaining oxygen fills may include:
  - a. prescription
  - b. documentation of training in oxygen delivery
  - c. prospective prescription
  - d. any of the above
5. When should an oxygen unit's components and cylinder pressure be checked?
  - a. every two years
  - b. before every outing
  - c. every week
  - d. annually
6. An oxygen unit should be stored
  - a. with the valve closed
  - b. in its protective case
  - c. assembled
  - d. all of the above
7. It is not necessary to clean oxygen parts and masks.
  - a. True b. False



## Diving First Aid

### Chapter 16 Review

### Questions

1. Oxygen delivery systems are comprised of which of the following?
  - a. first-aid kits and barriers
  - b. oxygen cylinders and pressure-reducing regulator
  - c. oxygen hose and face mask
  - d. b and c
2. Two considerations when choosing an oxygen cylinder are distance to emergency care and size (volume) of the cylinder.
  - a. True b. False
3. A multifunction regulator is preferred in emergency oxygen for scuba diving injuries because it can provide emergency oxygen to two injured divers at the same time.
  - a. True b. False
4. An oxygen cylinder should be switched during care when the pressure drops below 200 psi if another cylinder is available; if another cylinder is not available, use the cylinder until it is empty.
  - a. True b. False
5. Oxygen cylinders are subject to periodic hydrostatic testing.
  - a. True b. False
6. Oxygen-cylinder marking colors are standardized world-wide to avoid confusion.
  - a. True b. False
7. Oxygen regulators are fitted with a pin indexing system to prevent use on other cylinder valves that may not contain oxygen.
  - a. True b. False
8. A demand valve flows only when the injured diver inhales, allowing the oxygen to last longer.
  - a. True b. False
9. The initial flow rate for constant-flow oxygen delivery is
  - a. 2-4 lpm
  - b. 10-15 lpm
  - c. 20-25 lpm
  - d. the rate the injured diver will tolerate
10. A constant-flow mask that is recommended when a breathing injured diver cannot activate the demand inhalator valve or when there is more than one injured diver is a
  - a. nonrebreather mask
  - b. oronasal resuscitation mask
  - c. bag valve mask



## Diving First Aid

### Chapter 17 Review Questions

1. The goal of CPR (without defibrillation) is to maintain the adequate circulation of oxygenated blood to vital organs such as the
  - a. spleen and pancreas
  - b. stomach and kidney
  - c. heart and brain
  - d. liver and muscles
2. Exhaled air contains about 10% oxygen.
  - a. True
  - b. False
3. During CPR, the functions of the heart and lungs are temporarily taken over by
  - a. chest compressions and ventilations
  - b. cardiac defibrillation and an oxygen bottle
  - c. advanced medications and ventilator machines
4. What CPR protocol should be used when responding to a victim of drowning?
  - a. A-B-C
  - b. B-A-C
  - c. C-A-B
  - d. C-B-A
5. In most cases, the heart restarts after someone performs CPR.
  - a. True
  - b. False
6. The six links in the chain of survival in correct order are:
  - a. 911, CPR, AED, advanced cardiac life support, post-cardiac-arrest care, recovery
  - b. CPR, 911, AED, advanced cardiac life support, post-cardiac-arrest care, recovery
  - c. AED, advanced cardiac life support, post-cardiac-arrest care, 911, CPR, recovery
  - d. post-cardiac-arrest care, advanced cardiac life support, 911, CPR, AED, recovery
7. In the case of children and drowning victims, once unresponsiveness has been established, the single rescuer should
  - a. check for injuries
  - b. check the mouth for foreign bodies
  - c. activate EMS
  - d. perform CPR for two minutes and then call EMS
8. When calling EMS, you should tell them
  - a. what happened and the condition of the injured person
  - b. the location of the emergency and a call-back number
  - c. how many persons are involved
  - d. your name and the first aid provided
  - e. all of the above



## Diving First Aid

### Chapter 18 Review Questions

1. The recommended rate of compression for CPR on all ages is
  - a. 60-80 per minute
  - b. 100-120 per minute
  - c. at least 140 per minute
  - d. rate is not important as long as compressions are being done
2. The recommended depth of chest compressions for an adult is
  - a. 3.5 cm - 5.0cm (1½ – 2 inches)
  - b. 5 - 6 cm (2–2½ inches)
  - c. 7.5 - 8.5 cm (3–3½ inches)
  - d. Depth is not important as long as compressions are being done.
3. The recommended depth of chest compressions for infants and children is
  - a. one-third of chest depth
  - b. 2 inches (5 cm)
  - c. 1 inch (2.5 cm)
4. The compression-to-ventilation ratio for two-person CPR on children and infants is
  - a. 30:2
  - b. 30:3
  - c. 15:2
  - d. 15:1



## Diving First Aid

### Chapter 19 Review Questions

1. Each rescue breath should last about
  - a. 2 seconds
  - b. 1 second
  - c. 5 seconds
2. To avoid overexpansion of their lungs, the volume of ventilations for children should be adjusted to accommodate their size.
  - a. True
  - b. False
3. When delivering rescue breaths to an infant, the head should
  - a. be extended as it would for an adult or child
  - b. not be extended at all
  - c. be extended gently but not as far as you would for an adult or child
4. When delivering only rescue breaths (no compressions) on an adult, the rate of ventilations is one breath every
  - a. 10 seconds
  - b. 5-6 seconds
  - c. 3 seconds



5. Rescue breaths only (no compressions) on an infant should be delivered every 3-5 seconds.  
a. True      b. False
6. If the injured person is non-breathing, full CPR is always recommended for  
a. drowning victims  
b. scuba diving injuries  
c. both a and b
7. A bag valve mask  
a. is a self-inflating bag with a mask that aids in rescue breathing  
b. has a manual trigger that initiates oxygen flow  
c. is best used by two rescuers working together  
d. a and c
8. Manually triggered ventilators  
a. allow rescuers to deliver high concentrations of oxygen to nonbreathing or inadequately breathing divers  
b. can also function as a demand valve  
c. are best used by two rescuers  
d. all of the above



## Diving First Aid

### Chapter 20 Review Questions

1. The use of an AED is often helpful but may decrease the chance of survival.  
a. True      b. False
2. Every minute the heart is in fibrillation, survival rates decrease by  
a. 3-5%  
b. 7-10%  
c. 12-15%  
d. 20-25%
3. All cardiac arrests can benefit from the shock delivered by an AED.  
a. True      b. False
4. The charge from a delivered shock should be allowed to dissipate before touching the person to resume CPR.  
a. True      b. False
5. AEDs with adult pads may be used on infants and children.  
a. True      b. False
6. AED pad placement on adults is  
a. on the right chest and left side  
b. on the center of the chest and center of the back  
c. under both arms, centering the heart between them

7. AED pad placement on infants is  
a. on the right chest and left side  
b. on the center of the chest and center of the back  
c. under both arms, centering the heart between them



## Diving First Aid

### Chapter 21 Review Questions

1. The most common cause of airway obstruction and choking in adults is:  
a. tongue  
b. food  
c. dentures
2. With infants and children, airway obstruction and choking can also be caused by  
a. food  
b. foreign bodies (toys, coins, nuts)  
c. fingers
3. Grasping the neck is a common sign made by choking victims.  
a. True      b. False
4. If you suspect that someone is choking,  
a. look in the mouth  
b. check for responsiveness  
c. ask, "Are you choking?"  
d. ask a doctor
5. In which of the following circumstances is permission to assist a choking individual not required?  
a. a responsive choking adult  
b. a choking adult who has become unconscious  
c. a choking child or infant with a parent present
6. With complete airway obstruction, the person will be unable to \_\_\_\_\_, but might nod their head in response to your question. If the person is unable or has a limited ability to move air, they may soon lose \_\_\_\_\_.  
a. yell for help, their breath  
b. talk, their breath  
c. breathe/cough/speak, consciousness
7. In the case of a partial airway obstruction, the rescuer should encourage the choking victim to cough but should do nothing else.  
a. True      b. False
8. If the choking victim becomes unconscious, the rescuer should  
a. drop the person in the hope that the fall will dislodge the foreign body  
b. ease the person to the ground, remove the foreign body if visible, and start CPR  
c. ease the person to the ground, initiate supplemental oxygen therapy

9. An obstructed airway in a responsive infant should be cleared with back blows alternating with chest compressions.  
a. True      b. False
10. What must you do when a person regurgitates?  
a. Roll the person on their side, and wipe or suction out the mouth.  
b. Blow vomit back into the stomach.  
c. Remove gloves, and wipe away vomit with bare hands.
11. Suctioning for adults, children and infants respectively should be limited to  
a. 15 seconds, 10 seconds, 5 seconds  
b. 2 minutes, 1 minute, 30 seconds  
c. 20 seconds, 10 seconds, 4 seconds  
d. 30 seconds, 15 seconds, 10 seconds



## Diving First Aid

### Chapter 22 Review Questions

1. A general first-aid assessment includes assessing  
a. overall impression of the individual's health and well-being  
b. respiratory effort  
c. presentation of skin color  
d. all of the above
2. Asthma  
a. is a noncontagious respiratory illness  
b. is airway narrowing that makes breathing difficult  
c. can be treated by metered dose inhalers  
d. can be life-threatening if severe and prolonged  
e. all of the above
3. All heart attacks are painful.  
a. True      b. False
4. Hypoglycemia is a condition  
a. in which blood sugars are low  
b. that should be treated with additional insulin  
c. that can be reversed by eating and/or drinking foods with high sugar content  
d. both a and c
5. F-A-S-T stands for Face, Arms, Smile, Time.  
a. True      b. False
6. During a seizure, the rescuer's primary concern is to move objects that may cause injury if the person should hit them.  
a. True      b. False
7. In the event of suspected poisoning,  
a. determine what was ingested  
b. determine how much was taken  
c. note current symptoms  
d. call the local poison control center or EMS  
e. all of the above
8. Plain water is the preferred first-aid measure for exertional dehydration.  
a. True      b. False
9. Someone who appears to have suffered a concussion can resume his regular activities regardless of how he may feel.  
a. True      b. False
10. An avulsed tooth can be stored in  
a. egg white  
b. whole milk  
c. the injured person's saliva  
d. all of the above



## Diving First Aid

### Chapter 23 Review Questions

1. The first step in rewarming is to prevent further heat loss.  
a. True      b. False
2. Management of hypothermia may include  
a. removal from the cold  
b. removal of wet clothing  
c. use of blankets and heat packs  
d. calling EMS  
e. all of the above
3. Heat stroke is a medical emergency that requires aggressive cooling and activation of EMS.  
a. True      b. False



## Diving First Aid

### Chapter 24 Review Questions

1. Slips and falls can be prevented by  
a. keeping walkways as dry as possible  
b. providing drainage, rubber matting or rough surface concrete  
c. using wet-surface warning signs  
d. all of the above
2. The purpose of a secondary assessment is to identify injuries that may not be readily apparent.  
a. True      b. False
3. General guidelines that should be used when conducting a secondary assessment include  
a. S-A-F-E, standard precautions, asking permission to help  
b. keeping the injured diver in the position found, realigning any limb deformity as quickly as possible  
c. disregarding any complaints of pain due to the fall  
d. calling EMS immediately  
e. a and d only



4. A splint is used to
  - a. immobilize the joints on either end of an injured limb
  - b. ease pain
  - c. protect the limb from further injury
  - d. all of the above
  - e. a and c
5. When a bandage or splint has been applied, circulation and sensation should be checked every
  - a. 5 minutes
  - b. 10 minutes
  - c. 15 minutes
  - d. 20 minutes



## Diving First Aid

### Chapter 25 Review Questions

1. Superficial burns are severe and involve all skin layers.
  - a. True
  - b. False
2. Immediate first aid for burns includes removal from the source and the application of cool water to stop the burning process.
  - a. True
  - b. False
3. In the event of chemical burns to the face or eyes, continuously flush the area with cool water for approximately 20 minutes, and call EMS.
  - a. True
  - b. False



## Diving First Aid

### Chapter 26 Review Questions

1. The three general categories of marine life injuries include envenomations, traumatic injuries, and seafood poisoning.
  - a. True
  - b. False
2. Envenomation is a process facilitated by bites, punctures or stings.
  - a. True
  - b. False
3. Marine animal bites are usually fatal.
  - a. True
  - b. False
4. Seafood poisoning occurs as a result of contaminated food or liquids.
  - a. True
  - b. False
5. Standard precautions include the use of
  - a. nonlatex medical-style gloves
  - b. surgical-style masks
  - c. protective eyewear
  - d. all of the above



## Diving First Aid

### Chapter 27.1 Review Questions

1. Envenomations may occur by
  - a. stings
  - b. spines
  - c. bites
  - d. barbs
  - e. all of the above
2. Envenomations may occur due to
  - a. accidental contact
  - b. defensive action
  - c. both a and b
3. The health status of the injured person, sensitivity to the venom and delays in receiving first aid have an impact on their response to the injury.
  - a. True
  - b. False
4. A venomous fish injury should be treated by
  - a. washing the area
  - b. removing foreign material
  - c. controlling bleeding
  - d. managing pain
  - e. all of the above
5. Pressure immobilization is recommended for which vertebrate injury?
  - a. stingray punctures
  - b. lionfish stings
  - c. sea snake bites



## Diving First Aid

### Chapter 27.2 Review Questions

1. What are the four steps in first aid for jellyfish stings in the correct order?
  - a. inactivate, remove tentacles, wash area, treat symptoms
  - b. remove tentacles, wash area, treat symptoms, inactivate
  - c. treat symptoms, wash area, remove tentacles, inactivate
2. Pressure immobilization is recommended for which invertebrate marine life injuries?
  - a. jellyfish stings
  - b. cone-snail barb punctures
  - c. blue-ringed octopus bites
  - d. b and c
3. First aid for contact injuries includes
  - a. controlling bleeding
  - b. washing area thoroughly
  - c. removing any foreign material
  - d. leaving blisters intact
  - e. all of the above



## Diving First Aid

### Chapter 28 Review Questions

1. Marine animals bite when
  - a. they feel threatened
  - b. humans are mistaken for food
  - c. humans engage in spearfishing or feeding
  - d. all of the above
2. Infection is of particular concern with marine animal bites.
  - a. True
  - b. False
3. Which of the following is the first line of action to control external bleeding?
  - a. direct pressure
  - b. tourniquets
  - c. hemostatic dressings
4. A tourniquet should be placed
  - a. if the wound exhibits massive arterial bleeding
  - b. if bleeding is not stopped by direct pressure over the wound
  - c. 1-2 inches above the wound
  - d. all of the above
5. A tourniquet should be removed after two hours regardless of continued bleeding.
  - a. True
  - b. False
6. Signs and symptoms of infection are
  - a. pus, redness, sweating, hyperthermia
  - b. prickly feeling, rash, increased thirst, sweating, heat
  - c. pain, redness, loss of function, swelling, heat
7. Internal bleeding is a life-threatening condition that requires immediate medical attention.
  - a. True
  - b. False
8. If you suspect a spinal injury, you should:
  - a. perform CPR if necessary, keep the injured person still, activate EMS, and stabilize the head.
  - b. attempt to realign the neck to prevent paralysis
  - c. do nothing
9. For an open chest wound, the best treatment is
  - a. pack the wound
  - b. use external dressing only
  - c. apply an occlusive dressing
  - d. do nothing
10. If an amputation is incomplete, you should cut the injured part away and store it in a cooler of ice.
  - a. True
  - b. False



## Diving First Aid

### Chapter 29 Review Questions

1. Contaminated seafood may taste and smell normal.
  - a. True
  - b. False
2. Seafood poisoning is triggered by
  - a. bacteria
  - b. parasites
  - c. viruses
  - d. toxins
  - e. all of the above
3. Seafood poisonings include:
  - a. ciguatera
  - b. scombroid
  - c. tetrodotoxin
  - d. all of the above
4. The most effective way to prevent seafood poisoning is to
  - a. only eat fish you have caught and cleaned yourself
  - b. store fish properly
  - c. cook fish thoroughly
  - d. eat fish that has a slightly fishy smell



## Diving First Aid

### Chapter 30 Review Questions

1. The signs and symptoms of allergic reaction include
  - a. itching
  - b. localized redness with swelling (hives)
  - c. swelling that affects the eyes, lips and possibly the airway
  - d. all of the above
2. In the event of an allergic reaction, the rescuer should
  - a. assist the injured person with any medications prescribed for him
  - b. monitor airway and breathing
  - c. immediately begin CPR
  - d. a and b only
3. Cardiogenic shock refers to
  - a. a decrease in blood volume
  - b. the heart's inability to circulate blood
  - c. an allergic reaction
  - d. all of the above
  - e. none of the above

4. The primary course of action for cardiogenic shock is to immediately call EMS and
- a. be prepared to begin CPR
  - b. provide fluids to restore blood volume
  - c. both a and b
  - d. neither a nor b
5. Hypovolemic shock results in
- a. cool, clammy skin
  - b. confusion
  - c. weakness
  - d. all of the above
6. Respond to hypovolemic shock by
- a. contacting EMS
  - b. controlling any external bleeding
  - c. providing fluids to replenish blood volume
  - d. all of the above
  - e. a and b only



## **Diving First Aid**

### **Chapter 31 Review Questions**

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1. Marine life injuries can occur as a result of
- a. accidental touching
  - b. poor situational awareness
  - c. perceived threats to the marine life
  - d. all of the above
2. Dive practices that can help minimize the risk of marine life injuries include
- a. buoyancy control and streamlining yourself
  - b. use of exposure protection
  - c. not touching marine life
  - d. poor situational awareness
  - e. carrying speared fish
  - f. answers a, b and c